



Our Lady of Sorrows Catholic School

32 Montgomery Road
Toronto, ON M8X 1Z4
Telephone No.: (416) 393 - 5246

Principal:
Joe Genova

Vice Principal:
Lucy Caporale

Superintendent:
Doug Yack
(416) 222-8282 Ext. 2732

Trustee:
Ann Andrachuk
(416) 512-3402

Parish:
Our Lady of Sorrows Church
3055 Bloor Street West
Toronto, ON M8X 1C6
(416) 231 - 6016
Rev. Nino Cavoto
Saturday Mass: 5:15
Sunday Mass: 8:15, 9:30, 11:00
and 12:30

Hours of Operation:
8:30 am to 3:00 pm

Lunch Hour:
11:15 am to 12:15 pm



YEAR OF THE PARISH November 2016

Our Lady of Sorrows Catholic School Newsletter



VIRTUE OF THE MONTH: PEACEMAKING

"Blessed are the peacemakers, for they shall be called sons of God."
(Matthew 5:9)

"Peace begins with a smile."
(Blessed Mother Teresa)

Lord, make me an instrument of Thy peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.
O Divine Master,
grant that I may not so much seek to be consoled as to console;
to be understood, as to understand;
to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to Eternal Life.

AT A GLANCE: SOME IMPORTANT DATES TO REMEMBER

Progress Reports Distributed: November 15th
Parent/Teacher Conference: November 17th (PM) – 18th (AM)
PD Day: November 18th

Registration for students wishing to attend Kindergarten in September 2017 officially begins board-wide on the morning of Wednesday, January 11th, 2017.

REPORT CARDS: GROWING SUCCESS REPORTING AND REPORT CARDS IN ONTARIO

Worth repeating - students in grades 1 to 8 will bring home Report Cards mandated by the Ministry of Education. Please read the following excerpt from the Ministry Parent guide for information.

What role do I have as a parent?

We know that you, as a parent or guardian, are vital partners in your child's education and that children do better at school when their parents are involved. We know that you want clear, meaningful and understandable information about how your child is doing at school. We know you want to hear from your child's teacher regularly throughout the school year. This policy — with its new report cards — will help make that happen.

Report Card Timelines

Elementary students in Grades 1 to 8 will bring home a fall progress report card and two revised provincial report cards, one in winter and one at the end of the school year.

The fall Progress Report Card:

- encourages early and ongoing communication between you and your child's teacher
- tells you how well your child is developing the learning skills and work habits we know are essential for success
- continues to report on all academic subjects — such as language, math, social studies, science and technology — but instead of assigning a grade or mark, it will tell you how well your child is progressing: "very well", "well" or "with difficulty"
- highlights strengths and areas to improve before evaluations are completed
- includes comments from your child's teacher that are personalized, clear and meaningful

Essential Learning Skills and Work Habits

There are six learning skills and work habits emphasized throughout Grades 1 to 12 in all Ontario report cards:

- **Responsibility**
- **Organization**
- **Independent Work**
- **Collaboration**
- **Initiative**
- **Self Regulation**

The elementary provincial report card:

- also emphasizes and gives examples of the learning skills and work habits required
- has ample space for teachers to add meaningful, clear and personalized comments so you can understand how your child is progressing
- uses letter grades for Grades 1-6 and percentage marks for Grades 7-8 so you clearly understand how well your child is doing
- provides suggestions on how you can support your child's education at home

**Progress Reports will be distributed
Tuesday, November 15th.**

PARENT TEACHER INTERVIEWS

Interviews will take place on the evening of November 17th and during the morning of November 18th. Please ensure that you are available to meet with your child's teacher.

PD DAY

The next Professional Development day will be Friday November 18th; students will not be attending school on this day.

SECONDARY SCHOOL APPLICATION FORMS

Secondary school applications have been distributed the week of October 31st. Kindly peruse the application and hand in the completed form by November 14th.

WEATHER

As the colder weather approaches, please ensure that students come to school well prepared. All students should be dressed appropriately, so that they may participate in all aspects of the school program. Warm weather jackets, snow pants, hats, gloves, scarves and warm boots will be necessary as the temperature drops. We recommend that you label all items. Please keep a labelled pair of indoor shoes in your child's classroom, so that we can keep our classroom dry and safe. We do not want students walking around in socks.

Students who are well enough to attend school will go out for recess. In cases of extreme cold or weather, recess will be held indoors.

REMEMBRANCE DAY

On Friday, November 11th we will be commemorating Remembrance Day. We will observe a minute of silence at 11:00 a.m. along with a ceremony in the gym.

TERRY FOX FUNDRAISER

Compliments to our community of learners for an outstanding response to this most earnest foundation. As a community we raised over \$20,000 A big thank you is extended to Mrs. Sutej, Ms. Martin and Ms. Gaul for leading this initiative.



LOST AND FOUND

Students and parents are reminded to check the lost and found on a continuous basis for any clothing or treasures that may have gone missing. The box is located at the base of the stairs going into the school gym.

Contents of the lost and found will be cleared out the first week of each month, laundered and donated to charity. - THANK YOU

Autumn is a beautiful time of transition and reflection. We give thanks for the bounty we have received and share our blessings with others. It is with a grateful heart of hope and joy that I offer a big THANK YOU to all OLS staff and students for participating in the annual Thanksgiving food drive for The Good Shepherd Refuge. You have responded to God's call and helped the most vulnerable among us. For more information on how you can continue to help the refuge please visit at goodshepherd.ca

OLS SWIM TEAM 2017

Attention all students in Grades 3-8!!! Another exciting swim season is here! Our Lady of Sorrows School will be competing in the Toronto Catholic District School Swim Invitational (TCDSI) on Saturday, April 29th, 2017 (preliminaries) and Sunday, April 30th, 2017 (finals). The OLS Swim Team will be emailing the registration packages via the parent class reps in the first week of November 2016. They are due back November 18th, 2016. We have a long-standing swim tradition at Our Lady of Sorrows and we look forward to continuing the tradition of fun and success in the pool!

FAMILY MATH AND GAME NIGHT

OLS will be hosting its first Family Math and Game Night. See attached flyer.

OUR LADY OF SORROWS PARISH

Children's Liturgy of the Word- coordinator is Jennifer Wolfs. Her email address is jennifer.wolfs@rogers.com. This program is for young parishioners, 4-10 years of age and takes place on Sundays at the 9:30am Mass.

Attached is information from OLS Parish for students in **grade 2 preparing for First Holy Communion** and students in **grade 7 preparing for Confirmation**.

NEW IMMUNIZATIONS DATES

Please mark your calendars for grade 7 students and grade 8 girls. The rescheduled date is Thursday December 22, 2016.

OLS LIBRARY CORNER

This year, on Parent Interview Night, Our Lady of Sorrows Library is holding **the 2nd** annual

"Adult Loonie Book Sale."

Parents are asked to donate a gently used book to the library before November 10, 2016 during their library time. Parents will have an opportunity to purchase any donated book for \$1.00. The sale will take place in the atrium on Parent/Teacher night. Last year, over 200 books were sold! What a great way to recycle and enjoy a new read while helping the school library.

I look forward to seeing you at the sale and again thank you for your donations and support.

Scholastic Book Fair

We look forward to the Book fair during Parent/Interview Week. The book fair will be open during library times. Students will also have a chance to purchase the following week as well.

If you purchase \$25 or more your name will be entered in a draw for many prizes! With every purchase made at the Book Fair a percentage will be donated back to the school. The profit will go to purchase more books for the school library. Thank you again for all your support.

J. DiMichele - Library/Technician

CPSC FUNDRAISER UPDATE

We thank everyone who has already donated to the annual Parent Council Fundraiser!

There is still time if you have not been able to get to it. Additional donation forms are available at the office, or go online to www.canadahelps.org to donate. You may also donate through your corporate charitable drives such as the United Way, by searching for our charity called "Our Lady of Sorrows Catholic School Council".

Thank you for your support,
CPSC Fundraising Committee

HALLOWEEN CANDY FOR CHILDREN IN NEED - November 1st -4th

Let's have our children think about the hungry children in the world. From November 1st to November 4th, Our Lady of Sorrows School will be participating in donating extra Halloween treats to third world countries where these items actually provide valuable nourishment to those severely malnourished. Students can bring in the hard candy, chips and other treats to donate, or parents can drop off bags of treats to the school office. They will be sent to third world counties via Dr. Simone's Canadian Food for Children organization.

CPSC SOCIAL COMMITTEE

Mark your calendars and Save-The-Date! Our first parent social has been booked for the evening of Thursday, November 24th at Stratosphere Gastrolounge & Wine Bar. More information about this event is to come!



TRUSTEES 2016 – 2017 Wards

- | | | | |
|---------------------|------------------------------|--------------------------|-------------------------------------|
| 1. Joseph Martino | 5. Maria Rizzo | 9. Jo-Ann Davis | Karina Dubrovskaya, Student Trustee |
| 2. Ann Andrachuk | 6. Frank D'Amico –Vice-Chair | 10. Barbara Poplawski | rhea Carlisle, Student Trustee |
| 3. Sal Piccininni | 7. Michael Del Grande | 11. Angela Kennedy-Chair | |
| 4. Patricia Bottoni | 8. Gary Tanuan | 12. Nancy Crawford | |





OLS Family Math and Game Night

Date: Wednesday, November 23, 2016

Time: 6:30 pm- 8:00 p.m

Grades: JK/SK to Grade 3

It's All Fun and Games, then they learn Math!

Join us for a fun night of games the whole family can play as you'll experience Math in a whole new way!



Parish Liaison

For Grade 2 students preparing for First Holy Communion: First Reconciliation Catechetical Sessions (parents ONLY)

Choose ONE of the following information and instructional sessions to attend:

- a. Sunday, November 6 (2-3pm) OR b. Tuesday, November 8 (7-8pm)

At these sessions, parish catechists will lead parents in a brief reflection on the theology of Reconciliation. Parish staff will be present to distribute the 'We Celebrate the Sacrament of Reconciliation' book for parent-child preparation. At this time, children will be assigned a date for the celebration of First Communion. Parish staff can accommodate a limited number of changes for legitimate reasons

Church Tour (parents AND children) Grade 2

Choose ONE of the following tours to attend:

- a. Sunday, November 27 (2-3pm) OR b. Tuesday, November 29 (7-8pm)

At these sessions, Fr. Nino will lead children and their parents on a tour of the Church. Emphasis will be placed on objects, gestures and words relating to First Reconciliation and Communion. Questions are more than welcome!

For Grade 7 students preparing for Confirmation:

Schedule of the Confirmation Sessions

Candidates are divided alphabetically by last name in two groups (A and B). Each candidate chooses ONE date per month within the dates assigned to their group.

We strongly recommend attending always on the same day (Wednesday or Sunday) throughout the 3 sessions as this will ensure that the candidate is accompanied by the same catechist and will allow more continuity and better follow up.

Schedule for Group A (Last name from A – M)

Session 1: October - Sunday 23 (4-5:30 pm) OR Wednesday 26 (7-8:30pm)

Session 2: December- Sunday 11 (4-5:30 pm) OR Wednesday 14 (7-8:30pm)

Session 3: February -Sunday 19 (4-5:30 pm) OR Wednesday 22 (7-8:30pm)

Schedule for Group B (Last name from N- Z)

Session 1: November - Sunday 27 (4-5:30 pm) OR Wednesday 30 (7-8:30pm)

Session 2: January - Sunday 22 (4-5:30 pm) OR Wednesday 25 (7-8:30pm)

Session 3: March - Sunday 19 (4-5:30 pm) OR Wednesday 22 (7-8:30pm)

Student Mental Health and Well-Being



Newsletter

Mental Health Services provided by TCDSB Psychology, Social Work, and Guidance

Taking time to Remember

November is a time to remember and call to mind those who have served and are still serving in the Canadian Military. Many have paid the ultimate debt to their country, not only with their service, but also with their lives. This is a solemn time. A time for reflection and for honor. Making the time and space to offer remembrance is important.

In our busy, fast paced lives, sometimes it can be difficult to slow down and create that time and space.

The following is a breathing exercise suggested by Yoga Instructor, Edward Jones, from New York City. The suggestions may help you, your student, or your child to slow down and create a space and time to remember and honor those who have fallen in war or conflicts.



November is a month of remembrance. Let's take time to celebrate the lives of our loved ones and remember the sacrifices made by those who bravely served our country.

Next time you find yourself feeling annoyed by a noisy environment- voices, phones, traffic, lawn movers- try this one minute exercise to shift your experience. The idea is to tune in to sounds around you rather than attempt to shut them out. Sit up tall, close your eyes, and let your face relax. (You might feel a connection between your jaw releasing and your ears softening.) Breathe naturally and think of yourself as a sort of receiver, taking in all of the sounds around you. Try not to favor one sound over another. Whether is chatter or clanging, or honking, just **hear** it. Is it possible to experience this "noise" the same way you might experience the sound of a river flowing? Can you relax and accept what's around you without wishing it were different? See how you feel after just one minute of sitting with this quality of openness.



Remembrance Day



On Remembrance Day we honour the men and women who served Canada. We reflect on the sacrifices of those who have died so that we may have freedom and peace. Encouraging discussions and participating in activities about Remembrance Day encourages students to become “socially minded” and fosters feelings of empathy. Students can say “thank you” in many way:

- Engaging in creative writing about Remembrance Day
- Using social media to spread the word about commemorative events at your school. Using the mobile app “Veterans Matter”
- Invite a Veteran or a Canadian Armed Forces member as a guest speaker
- As a class watch online interviews with Veterans in “Heroes Remember” (a searchable database)
- Read the poem “In Flanders Field” by Lieutenant Colonel John McCrae
- Write the troops and let your Canadian Armed Forces members know you appreciate them
- Wear a poppy
- Create a Remembrance Wall where students can write down thank you notes to Armed Forces or a special memory of someone they lost or miss in their lives.

Did you know.....

- November 11th is the day that World War I ended. It is also known as Armistice Day
- An Armistice was signed at the end of World War I at 11:00am on November 11, 1918.
- The peace treaty that ended World War I is the Treaty of Versailles and it was signed in 1919
- Poppies are a symbol of World War I because they grew in some of the places where battles were fought
- Poppies are sold by the Royal British Legion to raise money to support people in the armed forces

For further information and a teaching guide for Remembrance Day visit the Royal Canadian Legion website at:

www.veterans.gc.ca

www.legion.ca

Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.” Psalm 24:4

Suggested Readings and Websites:

Books

Resiliency: Strategies for Parents and Educators
by Virginia Smith Harvey

A Great Attitude by Sandi Hill

When I Feel Good About Myself by Cornelia
Maude Spelman

Websites

National Association of School Psychologists:
www.nasponline.org

www.raisingresilientkids.com

www.parentbooks.ca

Fostering Connections with Parish:

The TCDSB Pastoral Plan 2015-18 “ Together With one Voice: Harmonizing Our Faith Through Family , Parish, and School” 2016 focuses on the Parish

As a family we can honour the memory of loved ones by:

- Sharing special memories
- Praying together
- Continuing family traditions

A Smile A Day...

FAITH
is like Wi-Fi,
www.thefamilyplace.net
it's invisible but
it has the power
to connect you to
what you need.



Patricia Marra-Stapleton, Psychological Associate/Mental Health Lead

patricia.marra-stapleton@tcdsb.org

Marci Buhagiar, Psychological Associate: marci.buhagiar@tcdsb.org



Monthly Update from the Board November 2016

The Year of the Parish: The Celebration Continues

We look forward to continuing the celebration of the Year of the Parish throughout the school year. It is a wonderful opportunity for our schools and parishes to connect, or re-connect, and plan activities and ongoing initiatives together that will support the important partnership between Family, Church and School.

Parents, school administrators, parents, teachers, pastors and parish representatives were invited to sit down for some preliminary discussions earlier this year. To see the many ideas that came forward from those Year of the Parish Conversations, visit our website

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/YearoftheParish/Pages/Ideas-Conversation-Starters.aspx>

More information about our pastoral plan here:

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/YearoftheParish/Pages/default.aspx>

November's Virtue is Peacemaking

Find all the monthly resources associated with our virtues of the month online

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Pages/Default.aspx>

Free English as a Second Language Courses for Adult Immigrants

The TCDSB Adult Education Program offers free language training courses for eligible adult immigrants at various locations across Toronto. After an assessment of language ability, eligible immigrants can enroll in our courses throughout the year. For more information and to locate courses using our online Course Finder, visit <https://www.tcdsb.org/FORCOMMUNITY/AdultEducationESL/Pages/Default.aspx>.

The 2016-2017 TCDSB Awards Season has begun!

Nominations are now open for the following awards which will be presented at Awards Night on May 1, 2017: DEADLINE: third Friday in January (January 20)

1. **TCDSB Alumni Award:** open to TCDSB alumni who are still active in the Catholic community and who have distinguished themselves in their career or accomplishments.
2. **TCDSB Award of Merit:** open to former staff, parents and trustees who have made outstanding contributions to the TCDSB and to Catholic education (can only be considered for award after a three-year period has passed since departure from the TCDSB)
3. ****NEW** Friends of Catholic Education Award:** open to members of the general public (individuals or organizations) who have accomplished extraordinary service to Catholic Education but who may not be Catholic.

For nomination forms and information, click here:

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/CatholicEducationWeek/Pages/AwardsNight.aspx>

Prime Minister's Awards

Do you know a terrific teacher or early childhood educator? Consider nominating them for a 2016-17 Prime Minister's Award! This prestigious program honours innovative and outstanding elementary and secondary school teachers and early childhood educators who are helping prepare Canadian youth for the challenges of tomorrow.

Looking for inspiration? Check out some of our previous [teaching](#) and [early childhood education](#) award recipients.

2016-17 nomination packages are now available at www.pma.gc.ca.

2016 OCSTA Short-Video Contest for Students

OCSTA is now accepting submissions for the fall 2016 short-video contest for grade 4-12 students in Ontario's publicly funded English Catholic schools. The contest theme for 2016 is:

"The Story Behind the Name of our Catholic School"

This year's theme is designed to encourage students to delve into the history of the person/saint for whom their school was named, and to be creative in telling that story.

Deadline November 28, 2016

<https://www.tcdsb.org/forstudents/opportunitiesforstudents/pages/2016-ocsta-short-video-contest-for-students.aspx>

Humanitarian Aid for Haiti

As you are aware, Hurricane Matthew battered Haiti on October 4, 2016 causing widespread damage, flooding, and landslides. The storm destroyed both crops and food reserves, many homes and schools, even entire villages. Our thoughts and prayers are with all who have been impacted by this recent natural disaster.

To learn more and find out how you can help, visit:

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/Pages/Humanitarian%20Aid%20for%20Haiti.aspx>

Get Your 40 Hours : Student Community Involvement

Community service for our TCDSB students is more than a diploma requirement. Our TCDSB community members are called to apply Catholic social teachings in all that we do; invited by our board vision to be people who "transform the world through witness, faith, innovation and action". The experience gained through community involvement allows students to grow in knowledge and appreciation of themselves and their God-given gifts, and to find meaning, dignity and vocation in work which respects the rights of all and contributes to the common good. It is hoped that this experience early in their high school years will continue to motivate our students to stay involved and to answer the call to support Catholic social teaching by promoting peace, justice and sacredness of human life in their community involvement experiences.

All students who earn an Ontario Secondary School Diploma must complete 40 hours of community service.

Find resources, information, and volunteer opportunities here:

<https://www.tcdsb.org/ProgramsServices/SchoolProgramsK12/GuidanceCoopEd/Communityservice40hours/Pages/Default.aspx>

November Events/Observances:

- **November** is Aboriginal Education Month
- **November 1**--All Saints Day
- **November 1-7**--Down Syndrome Awareness Week—"See the Ability"
- **November 2**--All Souls Day
- **November 2**--Take Our Kids to Work Day
- **November 6-12**—Treaties Recognition Week
- **November 8**—A Catholic Call To Serve
- **November 11**--Remembrance Day
- **November 14-19**--Bullying Prevention and Awareness Week
- **November 18**—PA Day
- **November 22**--Memorial Mass to Celebrate the Lives of Staff and Students in the TCDSB Community at 7 p.m. at the Catholic Education Centre
- **November 27**—Advent Begins
- **November 28**—TCDSB Caucus/Inaugural Meeting—including election of Chair, Vice-Chair

For more information or resources connected to any or all of these events/initiatives, visit the Board's website at www.tcdsb.org.

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<https://web1.tcdsb.org/InterestSubscription/subscription.aspx>